

Key Lime Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup half n half
- ☐ 0.7 cup juice of lime
- ☐ 1.5 cups low fat milk 1% low-fat
- ☐ 0.1 teaspoon salt
- ☐ 14 ounce condensed milk fat-free sweetened canned

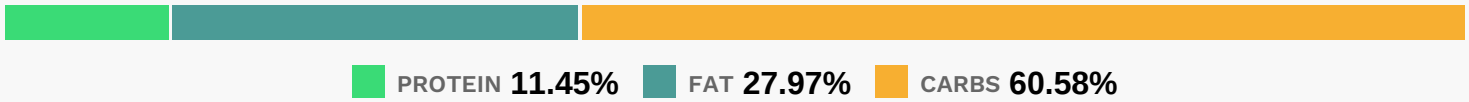
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first 5 ingredients in a medium bowl, stirring with a whisk.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.
- ☐ Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:0, Nutrition Score:4.8117391298647%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 162.51kcal (8.13%), Fat: 5.19g (7.99%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 25.24g (9.18%), Sugar: 24.12g (26.8%), Cholesterol: 19.5mg (6.5%), Sodium: 100.98mg (4.39%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Calcium: 172.55mg (17.25%), Phosphorus: 150.63mg (15.06%), Vitamin B2: 0.24mg (14.15%), Selenium: 7.02µg (10.03%), Vitamin C: 5.98mg (7.25%), Vitamin B12: 0.41µg (6.89%), Potassium: 238.39mg (6.81%), Vitamin B5: 0.48mg (4.8%), Vitamin A: 226.26IU (4.53%), Magnesium: 17.07mg (4.27%), Vitamin B1: 0.06mg (4.24%), Zinc: 0.59mg (3.9%), Vitamin D: 0.47µg (3.13%), Vitamin B6: 0.05mg (2.68%), Folate: 7.05µg (1.76%)